

Vegetable Wraps

Meal Components: Vegetable - Other, Grains, Meat / Meat Alternate

Sandwiches, F-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain-rich flour tortilla, 12" soft (at least 1.8 oz)		50 each		100 each	1. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
Ranch dressing (E-19)	50 oz	1 qt 2 1/4 cups	100 oz	3 qt 1/2 cup	2. For ranch dressing use Ranch Dressing recipe (see E-19). Spread 2 Tbsp ranch dressing down the center of each tortilla.
*Leaf lettuce	13 oz	1 qt 2 3/4 cups	1 lb 10 oz	3 qt 1 1/2 cups	3. Place about ¼ oz lettuce on top of ranch dressing.
†Raw mixed vegetables					4. Combine raw vegetables: green peppers, onions, carrots, and cucumbers. Portion 2 oz vegetable mix with a No. 10 scoop (? cup) on top of lettuce leaf and dressing.
*Raw green peppers, chopped	1 lb 10 oz	1 qt 3/4 cup	3 lb 4 oz	2 qt 1 1/2 cups	
*Raw onions, chopped	1 lb 13 oz	1 qt 1 cup	3 lb 10 oz	2 qt 2 cups	
*Raw carrots, peeled and sliced	1 lb 5 oz	1 qt 1 cup	2 lb 10 oz	2 qt 2 cups	
*Raw cucumbers, peeled and	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	

Reduced fat cheddar cheese,
shredded

3 lb 2 oz

3 qt 1/2 cup

6 lb 4 oz

1 gal 2 1/4 qt

5. Sprinkle 1 oz (¼ cup) cheese on top of
vegetables.

6. Fold the top and bottom of the tortilla into the
center. Beginning at either side, roll the tortilla
until all the contents cannot be seen.

7. Cut diagonally in half.

Notes

*See Marketing Guide

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Leaf lettuce	1 lb 4 oz	2 lb 8 oz
Green peppers	2 lb 1 oz	4 lb 2 oz
Mature onions	2 lb 1 oz	4 lb 2 oz
Carrots	1 lb 10 oz	3 lb 4 oz
Cucumbers	1 lb 14 oz	3 lb 12 oz

Serving	Yield	Volume
2 pieces provide 1 oz equivalent meat alternate, 3/8 cup other vegetable, and 1 3/4 oz equivalent grains.	50 Servings: about 19 lb 100 Servings: about 38 lb	50 Servings: 1 gallon ? quarts (vegetable filling); 100 halves 100 Servings: 2 gallons 1 ¾ quarts (vegetable filling); 200 halves

Nutrients Per Serving					
Calories	299	Saturated Fat	5 g	Iron	2 mg
Protein	14 g	Cholesterol	21 mg	Calcium	336 mg
Carbohydrate	37 g	Vitamin A	3707 IU	Sodium	636 mg
Total Fat	11 g	Vitamin C	17 mg	Dietary Fiber	3 g